

## Sport Resources

# Assess Your Risk

LOW



Skill-building and drills by yourself



Team practice (skill-building and drills) avoiding contact and keeping to the same cohort



Team scrimmages keeping to the same cohort



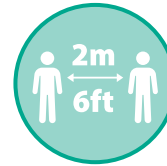
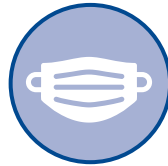
League scrimmages and games



Competitions involving teams across different areas/provinces

## Keep Athletes Safe

Reducing the spread requires everyone to be **COVIDWise** and **SportSMART**



- S** **Screen** all athletes, coaches, trainers and parents. Perform a [COVID-19 Self-Assessment](#) before attending or participating in any activity. **Stay** home if feeling unwell or you do not pass the self-assessment.
- M** Wear **masks** at all times even during physical activity if possible and safe.
- A** **Adapt** to reduce contact and maintain physical distance
- Arrive dressed for the activity to limit the use of lockers and change rooms.
  - Change drills and play to allow for physical distancing.
  - Avoid group celebrations and other customs (e.g. handshakes, high fives, fist bumps, chest bumps) to limit contact with others.
  - Arrive no more than 5-10 minutes before the activity and do not linger in the facility or parking lot after the activity.
- R** **Reduce** contact
- Arrange for transportation to and from activities so that only members from the same household are sharing rides.
  - Bring your own equipment and do not share your personal items (e.g. water bottle, towels, etc.).
  - Limit yourself to one sport, team or league as a player, coach, or trainer.
  - Physical distancing of 2 metres at all times.
  - **Consider increasing distance when available including on sidelines and the bench.**
  - Limit travel to other regions in the province and out of province.
- T** **Think** about the risks and ways to be safer and **Track** your activities
- Be informed about the risks of participating in any activity.
  - Know your personal risk based on your age or chronic health conditions and decide if participation is right for you.
  - Follow all health and safety protocols and strategies available.
  - Make choices to reduce risks for yourself and your team.
  - Track all your activities on a family calendar. This will help with contact tracing (if needed).

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